



*Healthiest people
Healthiest communities
Exceptional service*

DID YOU KNOW?

Falls as a Priority Resident Safety Issue: Why are Falls such a Safety Concern for Canadians?

According to the Canadian Institute for Health Information, falls were the cause of **57%** of all injury-related hospitalizations, and more than three quarters of all in-hospital deaths in those admitted for an injury. Among Canadians age 65 or older, most injury hospitalizations followed a fall (77% for males, and 88% for females).

Falls are also the second leading cause of both head and spinal cord injuries (35% and 37%, respectively). The majority of specific fall-related hospitalizations for head injuries were falls on or from:

- Stairs or steps (25%)
- Slipping, tripping or stumbling (17%)
- One level to another (11%)

90% of all hip fractures in seniors are the result of a fall, and 20% of those suffering such an injury die within a year of the fracture. 40% of all nursing home admissions occur as a result of falls by older people.

Direct health care costs relating to falls among seniors are estimated at \$1 billion every year. The prevention of falls takes on even more importance as Canada's senior population is projected to grow to 5 million by 2011.

Identifying possible risk factors and falls prevention programs can eliminate the majority of falls.

Falls and injury from falls have a significant impact on the individual, organizations providing health care services and the health care system overall.